

# May Activities - Urbana Senior Center

301-600-7020    UrbanaSeniorCenter@FrederickCountyMD.gov    www.FrederickCountyMD.gov/aging  
 9020 Amelung St., Frederick, MD 21704    (1<sup>st</sup> floor of the Urbana Library)

\*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk.  
 Programs may be canceled if enrollment is low. **Activities are subject to change.**

<i><b>Mondays 9:00-3:00</b></i>	<i><b>Tuesdays 9:00-8:00</b></i>	<i><b>Wednesdays 9:00-3:00</b></i>	<i><b>Thursdays 9:00-3:00</b></i>	<i><b>Fridays - Closed</b></i>
<b>April 29</b> 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:30 * <b>Tai Chi</b>	<b>April 30</b> 11:00 Exercise to Video 1:00 Stitching Post 4:00 * <b>Rummikub Tournament</b>	<b>1 Law Day:</b> <b>Health Care Advance Directives</b> 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 <b>Competitive Energy Markets</b>	<b>2 Center is Closed</b>  <b>Ways to a Healthier Heart</b> (Department of Aging)	<b>3 Closed</b>
<b>6</b> 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:00 Commission on Aging (at Department of Aging) 1:30 * <b>Tai Chi</b>	<b>7</b> 11:00 Exercise to Video 11:00 Spanish 1:00 Stitching Post 1:00 <b>Blood Pressure</b> 1:30 Rummikub 5:30 * <b>Hot Dog Indoor Picnic</b>	<b>8</b> 9:30 Drawing/Painting Club 10:00 <b>Mobile I&amp;A</b> 11:00 Exercise to Video 1:00 <b>Lyme Disease</b>	<b>9</b> <b>9:30 Coffee and Donuts</b> 11:00 Exercise to Video 1:00 Pinochle 1:00 Games	<b>10 Closed</b>  <b>National Capital            Radio and T.V.            &amp; the Belair Stable            Museums Trip</b>
<b>13</b> 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:30 * <b>Tai Chi</b>	<b>14</b> 11:00 Exercise to Video 1:00 Stitching Post 1:30 Rummikub 5:30 * <b>Pizza Night</b>	<b>15</b> 9:30 Drawing/Painting Club 11:00 Exercise to Video 11:30 <b>Blood Pressure</b> Noon * <b>Omelet Bar</b> 12:30 <b>Ask Nurse Steve</b>	<b>16</b> <b>9:30 Coffee and Donuts</b> 11:00 Exercise to Video 1:00 Pinochle 1:00 Games	<b>17 Closed</b>  <b>Accokeek Foundation            at Piscataway Park            Trip</b>
<b>20</b> 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:30 * <b>Tai Chi</b>	<b>21</b> 11:00 Exercise to Video 11:00 Spanish 1:00 Stitching Post 1:00 <b>Blood Pressure</b> 1:30 Rummikub 5:30 * <b>Pancake Supper</b>	<b>22</b> 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 <b>Positive Aging</b>	<b>23</b> <b>9:30 Coffee and Donuts</b> 11:00 Exercise to Video 1:00 Pinochle 1:00 Games	<b>24 Closed</b>
<b>27</b>  <b>Closed</b>  <b>Enjoy the Holiday</b>	<b>28</b> 11:00 Exercise to Video 1:00 Stitching Post 1:30 Rummikub 5:30 * <b>Pizza Night</b>	<b>29</b> 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Wii Bowling	<b>30</b> <b>9:30 Coffee and Donuts</b> 11:00 Exercise to Video 1:00 Pinochle 1:00 Games	<b>31 Closed</b>  